



6 STEP FORMULA



YOUR STORY

What's your 'story'? What are the emotional effects of the issue. What do you want to change?

AWARENESS

Denial is the enemy of change, but awareness is the key. Taking a deep dive into Self opens the door to new perspectives and possibility.

ACCOUNTABILITY

Make the shift from Effect to Cause. How have your actions contributed to the issue? How can you take your power back and create positive change?

TRANSFORMATION

A metaphorical 'weeding of the garden'. Question critical self-talk, sort through emotional baggage and rewire negative thought patterns. Get clear on what you want.

ACTION

What you choose to do is going to reflect your results. It's time to walk the talk! With your new-found clarity, how will you now choose to think, feel and behave? What will you take action on to make things happen?

PURPOSE

Live life on purpose. Set the intention to use your emotional mastery and accountability tools to stop making excuses, take responsibility and go for what you want. Transform challenges into valuable lessons about yourself and create happiness along the way. If you're not living life in alignment with your values and purpose, go back to Step #1.